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ABSTRACT

This book is designed to provide a progression of skill-development practices for individuals who wish to improve softball skills. The focus of the book is on the slow pitch game because that is the one most often used in physical education classes and recreational settings. Each chapter: (1) explains why the concept or skill is important; (2) identifies the keys to correct techniques; (3) helps correct common errors; (4) explains how to practice each skill in a realistic way; (5) lists specific performance goals for each drill; (6) provides a summary checklist for evaluating proper techniques; and (7) allows the student to proceed at a personal pace. (JD)

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